

## Claims

What is claimed:

1. The broad method of presenting audible and visual cues for synchronizing the breathing cycle with an external timing reference for purposes of synchronizing the heart rate variability cycle with the breathing cycle, thereby achieving coherence of the heart rate variability cycle:
  - a) The broad method of using audible indicators to communicate inhalation and exhalation phases of breathing, changes of said phases, progression of said phases in time, and progression of said phases relative to the internal perception of the practitioner.
  - b) The broad method of using visual indicators to communicate inhalation and exhalation phases of breathing, changes of said phases, progression of said phases in time, and progression of said phases relative to the internal perception of the practitioner.
- 15 2. The broad method of a musical interval optimized for purposes of incorporating breathing cues into a music score for purposes of synchronizing the heart rate variability cycle with the breathing cycle for purposes of achieving coherence of the heart rate variability cycle.
3. The broad method of claim 1 wherein audible or visual indicators are used individually or in combination to accurately synchronize the breathing cycle with an external timing reference.
- 20 4. The specific method of claim 1a wherein an audible pulse, tone, chirp, chime, or tick of short duration is employed to signal a change of the breathing cycle from inhalation to exhalation or from exhalation to inhalation.
- 25 5. The specific method of claim 1a wherein an audible signal with a rapid attack and gradual decay is employed to communicate both change of phase of the breathing cycle and progression of time within the breathing interval.
- 30 6. The specific method of claim 1a wherein an audible signal consisting of a frequency modulated tone is employed to indicate change of phase of the breathing cycle, phase of breathing cycle, progression of time within the breathing cycle, and progression of the phase relative to the internal perception of the practitioner.

7. The specific method of claim 1a wherein an audible signal consisting of musical notes C, D, E, F, G, A, B are played sequentially within the 5.9 second interval, C to B denoting inhalation and B to C denoting exhalation, each note with a period of .84 seconds.
- 5 8. The specific method of claim 1a wherein numbers 1 through 7 are recited sequentially within the 5.9 second interval, 1 to 7 denoting inhalation and 7 to 1 denoting exhalation.
9. The specific method of claim 2 incorporating musical cues into musical scores at 5.9 second intervals for purposes of synchronizing the breathing
- 10 cycle.
10. The specific method of claim 1a wherein audible cues are incorporated into mantra repetition for purposes of synchronizing the breathing cycle.
11. The broad method of claim 1 wherein audible or visual cues are employed in group settings to achieve breathing synchronization and consequent
- 15 group synchronization of the heart rate variability cycle.
12. The broad method of claim 1 wherein audible or visual cues are employed in "wide area" group settings including local, regional, national, and global internet, television, or radio broadcasts for purposes of synchronizing the breathing cycle and the consequent synchronization of heart rate
- 20 variability cycle.
13. The specific method of claim 1b wherein the basic visual indication of the breathing phase, that is, inhalation or exhalation is indicated.
14. The specific method of claim 1b wherein a vertically oriented 13 segment visual indicator is employed to communicate breathing phase, changes of
- 25 phase, progression of the breathing cycle, and progression of the phase relative to the internal perception of the practitioner.
15. The specific method of claim 1b wherein a circular 7 sector visual indicator is employed to communicate breathing phase, changes of phase, progression of the breathing cycle, and progression of the phase relative
- 30 to the internal perception of the practitioner.
16. The specific method of claim 1b wherein a 14 stage vertically oriented elliptical indicator is employed to communicate breathing phase, changes of phase, progression of the breathing cycle, and progression of the phase relative to the internal perception of the practitioner.

17. The specific method of claim 1 wherein the number 7 is employed consistently between both audible and visual representations of the external timing reference.
18. The specific method of claim 1b wherein all visual indicators oriented 5 around the number 7 employ the consistent color coding convention of 1 equals red, 2 equals orange, 3 equals yellow, 4 equals green, 5 equals cyan, 6 equals indigo, and 7 equals purple.
19. The specific method of claim 1 wherein inhalation occurs coincident with 10 increasing frequency and number and exhalation occurs coincident with decreasing frequency and number.
20. The specific method of claim 2 wherein existing musical recordings are post processed to shorten or lengthen the tempo to accommodate the basic interval of 5.9 seconds and the insertion of musical breathing cues every 5.9 seconds.

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